

Please type a plus sign (+) inside this box

Approved for use through 10/31/2002. OMB 0651-0032  
U.S. Patent and Trademark Office; U.S. DEPARTMENT OF  
COMMERCE

Under the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number.

<b>UTILITY PATENT APPLICATION TRANSMITTAL</b> <i>(Only for new nonprovisional applications under 37 CFR 1.53(b))</i>		<b>Attorney Docket No.</b> 74445-002	O P-1 U.S. P. 17497 10/688251 101703
		<b>First Inventor</b> Robert Kissel	
		<b>Title</b> Exercise Resistance	
		<b>Express Mail No.</b> EV 332068807 US	

**APPLICATION ELEMENTS**

See MPEP chapter 600 concerning utility patent application contents.

1.  Applicant claims small entity status.  
See 37 CFR 1.27.
2.  Specification [Total Pages 19]  
(preferred arrangement set forth below)
  - Descriptive title of the invention
  - Cross Reference to Related Applications
  - Statement Regarding Fed sponsored R & D
  - Reference to sequence listing, a table, or a computer program listing appendix
  - Background of the Invention
  - Brief Summary of the Invention
  - Brief Description of the Drawings (if filed)
  - Detailed Description
  - Claim(s)
  - Abstract of the Disclosure
3.  Drawing(s) (35 U.S.C. 113) [Total Sheets 7]
4. Oath or Declaration [Total Pages 2]
  - a.  Newly executed (original or copy)
  - b.  Unexecuted
  - c.  Copy from a prior application (37 CFR 1.63 (d))  
(for continuation/divisional with Box 17 completed)
    - i.  **DELETION OF INVENTOR(S)**  
Signed statement attached deleting inventor(s) named in the prior application, see 37 CFR 1.63(d)(2) and 1.33(b).

**MAIL STOP PATENT APPLICATION**  
**ADDRESS TO:** Commissioner for Patents, P.O. Box 1450  
Alexandria, VA 22313-1450

5.  CD-ROM or CD-R in duplicate, large table or Computer Program (Appendix)
6. Nucleotide and/or Amino Acid Sequence Submission (if applicable, all necessary)
  - a.  Computer Readable Form (CRF)
  - b. Specification Sequence Listing on:
    - i.  CD-ROM or CD-R (2 copies); or
    - ii.  paper
  - c.  Statements verifying identity of above copies

**ACCOMPANYING APPLICATION PARTS**

7.  Assignment (UNEXECUTED)
8.  37 CFR 3.73(b) Statement
9.  Power of Attorney
10.  Transmittal of Information Disclosure Statement, Form 1449 and References
11.  Preliminary Amendment
12.  Application Data Sheet
13.  Return Receipt Postcard
14.  Certificate of Express Mailing
15.  English Translation Document
16.  Certified Copy of Priority Document
17.  Non Publication Request under 35 U.S.C. 122
18.  Check
19.  Other: \_\_\_\_\_

17. If a CONTINUING APPLICATION, check appropriate box, and supply the requisite information below and in a preliminary amendment, or in an Application Data Sheet under 37 CFR 1.76:

Continuation  Divisional  Continuation-in-part (CIP) of prior application No.: \_\_\_\_\_

Prior application information: Examiner \_\_\_\_\_ Group Art Unit: \_\_\_\_\_

For CONTINUATION OR DIVISIONAL APPS only: The entire disclosure of the prior application, from which an oath or declaration is supplied under Box 5b, is considered a part of the disclosure of the accompanying continuation or divisional application and is hereby incorporated by reference. The incorporation can only be relied upon when a portion has been inadvertently omitted from the submitted application parts.

**18. CORRESPONDENCE ADDRESS**

<input checked="" type="checkbox"/> Customer Number or Bar Code Label	029493 (Insert Customer No. or Attach bar code label here)	<input type="checkbox"/> or	<input type="checkbox"/> Correspondence address below
Name	Gregory E. Upchurch, Reg. No. 28,482		
Address	Husch & Eppenberger, LLC 190 Carondelet Plaza		
City	St. Louis	State	MO
Country	U.S.A.	Telephone	314-480-1500
			Fax
			314-480-1505

Burden Hour Statement: This form is estimated to take 0.2 hours to complete. Time will vary depending upon the needs of the individual case. Any comments on the amount of time you are required to complete this form should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, Washington, D.C. 20231. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: ASSISTANT COMMISSIONER for Patents, Box Patent Application, Washington, D.C. 20231

1533986.01

**EXPRESS MAIL CERTIFICATE OF MAILING (37 CFR 1.10)**  
Express Mail No.: EV 332068807 US

Docket No.  
**74445-002**

Applicant(s):

ROBERT KISSEL

Serial No.  
New

Filing Date  
Herewith

Examiner  
TBD

Group Art  
TBD

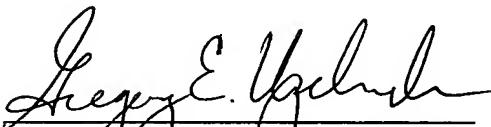
Title:

**EXERCISE RESISTANCE**

TO THE COMMISSIONER OF PATENTS AND TRADEMARKS

Transmitted herewith is:

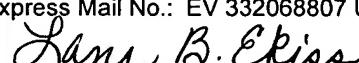
- UTILITY PATENT APPLICATION TRANSMITTAL**
- Specification ( 19 pgs)
- Drawings (7 pgs)
- Declaration (Unexecuted)
- Assignment (Unexecuted)
- Postcard

  
Gregory E. Upchurch, Reg. No. 28,482  
Husch & Eppenberger, LLC  
190 Carondelet Plaza  
St. Louis, MO 63105  
314-480-1500  
314-480-1505 FAX

Customer No. 029493

I certify that the document and fee is being deposited on  
10-17-04 with the U.S. Postal Service as  
Express Mail under 37 C.F.R. 1.10 and is addressed to the  
**MAIL STOP: PATENT APPLICATION, Commissioner for  
Patents, P.O. Box 1450, Alexandria, VA 22313-1450**

Express Mail No.: EV 332068807 US

  
Signature of Person Mailing Correspondence

**Lana B. Ekiss**

Typed or Printed Name of Person Mailing Correspondence